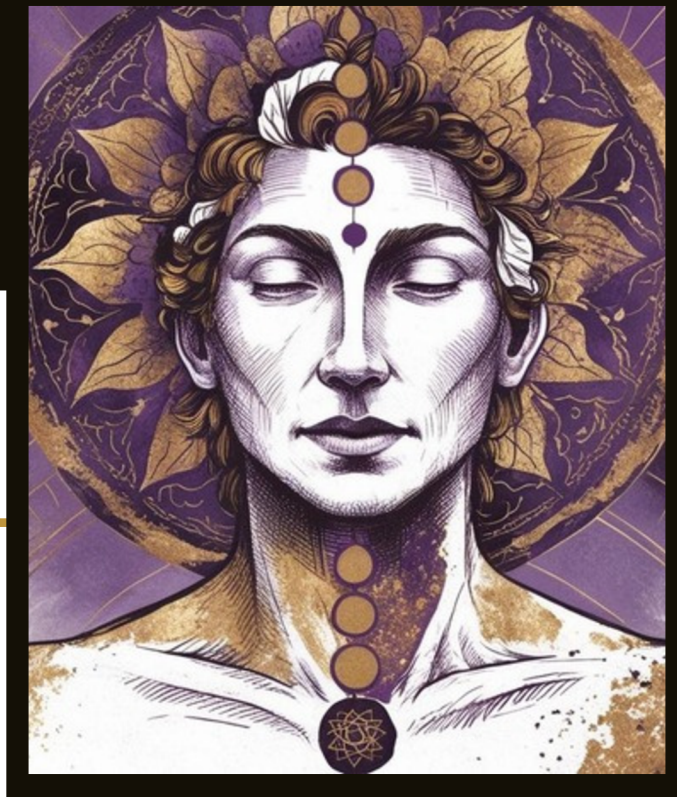


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PRACTICING YOUR CORE COMPETENCIES

PRACTICAL WORKBOOK



TAM DILLON ACADEMY

ABOUT THIS WORKBOOK

This workbook is a practical companion to the Core Competencies for Healing Practitioners course. It offers one practice for each core competency – not reflection prompts or journal questions, but things you can actually do in your day-to-day life to build these skills.

These practices aren't meant to be impressive or profound. They're simple, real-world ways to explore how you show up – with clients, in conversation, in conflict, and with yourself. You don't need ideal conditions. Just awareness and a willingness to pay attention.

Some practices will feel easy. Others might challenge your habits or comfort. That's the point. These competencies aren't traits you either have or don't – they're relational capacities you build over time through lived experience.

Use this workbook however you like. As a weekly focus, a refresher, or something to return to when you notice something slipping. Let it support your integration – not as another thing to complete, but as something to work with as you live and practice.

TAM DILLON

Congruence

Practice: Say the Thing You Almost Didn't Say

In a conversation this week, notice when you're about to soften your truth, gloss over discomfort, or agree to something that doesn't feel right. Pause. Say what you actually mean – clearly and without apology. Not to be confrontational, but to stay in alignment. Let clarity take the place of performance.

Where to try it: With a friend, partner, barista, or anyone you tend to be overly agreeable with.

Unconditional Positive Regard

Practice: The Grocery Store Test

While in a public space, choose someone who would usually annoy or trigger judgment – someone loud, abrupt, or visibly struggling. Instead of analyzing or reacting internally, stay present. Witness them without story or evaluation. You don't need to feel warmth. Just don't contract. Let them be.

Where to try it: Public transport, queues, noisy cafés, or family gatherings.

Empathy

Practice: Mirror Without Fixing

When someone shares something emotional – even casually – resist the urge to advise, interpret, or soften. Just listen. Then offer a short reflection that names the emotional tone, not the content. Something like: “That sounds exhausting.” Then stop. Let the space breathe. Don’t steer it.

Where to try it: With friends, partners, or strangers – anywhere someone tells you how they’re doing.

Active Listening

Practice: The Three-Second Delay

In your next conversation, wait three full seconds after the other person stops speaking before you reply. Count silently. Let your response come from what you heard, not what you were preparing to say. Notice what that pause reveals – in you, and in the space.

Where to try it: Everyday conversations, especially in moments where you usually lead or manage the tone.

Emotional Regulation

Practice: Ride It, Don't Hide It

When you feel a spike – frustration, defensiveness, shutdown – pause and name it silently: “I’m activated.” Then stay in your body. Notice your breath. Notice what you're about to say or do. Don't suppress it. Don't express it immediately. Wait until it shifts, then choose your next move with intention.

Where to try it: During conflict, irritation, overwhelm – anywhere your nervous system reacts.

Discernment

Practice: Don't Say the Clever Thing

When an insight, reflection, or intuitive hit arises mid-conversation – and you feel the urge to share it right away – pause. Ask: Does this need to be spoken, or do I just want to be right/insightful/helpful? Wait. Let it mature. If it still feels necessary later, offer it with spaciousness.

Where to try it: In session, in group settings, or when supporting someone emotionally.

Reflective Communication

Practice: Reflect Without Framing

Next time someone shares something vulnerable or unclear, reflect just one element back – tone, body language, or a short phrase – without trying to frame or analyze it. Try: “You got quiet just then.” Then leave it alone. Let the client – or the conversation – carry it forward.

Where to try it: In any meaningful conversation, especially where insight isn’t needed but presence is.

Human-Centeredness

Practice: Drop the Role

In a moment where you feel pressure to be the calm one, the wise one, the teacher, or the helper – drop the role. Stay in relationship, not responsibility. Speak as a person. Listen as a person. Respond as a person. Let the hierarchy collapse. Just be human.

Where to try it: In session, yes – but also with friends, colleagues, or anyone who looks to you for answers.

Person-Centered Practice

Practice: Step Back and Soften Your Focus

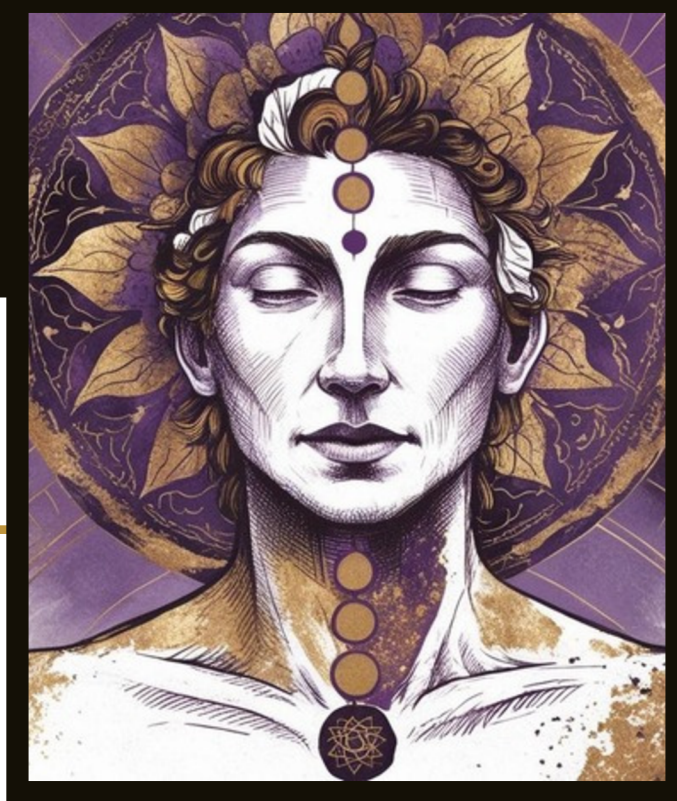
In your next one-on-one interaction, deliberately step back internally – as if widening your lens. Instead of focusing on the content, focus on the whole person. Their posture, presence, pace. Hold a soft internal question: Who is this person right now? Not what do they want – but who are they, beneath the presentation?

Where to try it: In any direct interaction – session, conversation, or family dynamic.

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